Wednesday's Jackpot
$7,000,000 estimated
LOTTO 649

WORKING AROUND THE CLOCK
COMPANIES TRENDING TOWARDS 24-7 {page 28}

CLEO
NEW ARGOS QB NOT A LEMON
SPORTS {page 30}

TORONTO metro®
Tuesday, August 17, 2010
www.metronews.ca

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Music. Rockin'

▶ Actress-musician Jill Hennessy

JOHN R. KENNEDY/FOR METRO TORONTO

Hennessy gets back to her roots

Jill Hennessy, best known for her roles in Law & Order and Crossing Jordan, performs songs from her debut CD Ghost In My Head at the Indigo store in the Manulife Centre last night. The former Toronto resident will also perform tonight at the Rivoli. Story, page 16.

Cruelty charges dropped

Crown questions OSPCA's motivation in regards to Toronto Humane Society warrant ‘Outraged’ OSPCA calls on attorney general to review court decision

High-ranking Toronto Humane Society officials facing shocking allegations of animal cruelty saw their charges dropped yesterday after the Crown laid out a multitude of constitutional problems with search warrants.

The charges were laid in November in a highly publicized Ontario Society for the Prevention of Cruelty to Animals raid that saw then-president Tim Trow and four other senior managers trotted out in handcuffs before television cameras.

The OSPCA called the humane society a “house of horrors” in which it alleged sick and dying animals were neglected, food was covered in feces and a mummified cat was found in the ceiling.

But because of serious flaws with the legality and execution of the search warrants, there is no reasonable prospect of conviction, the Crown said in a court document scathing in its indictment of OSPCA actions.

“This decision ultimately suggests that cases of animal cruelty will not be prosecuted by the Toronto Crown, or that it is OK to abuse and neglect defenceless animals.”
ROB GODFREY, OSPCA CHAIRMAN

The presence of members of the media when the warrants were executed, seizures of irrelevant documents and search warrants that didn't expire were among the litany of problems the Crown identified.

THE CANADIAN PRESS

Wellness

Metro's guide to good living

Seven gym bag essentials for guys Cholesterol-fighting drugs with your burger? How to keep your knees pain-free, and more {pages 20-23}

School board to keep Wi-Fi

No evidence it's making kids sick, board says {page 8}

At war at the dinner table

Declaring a truce between meat and veggies {page 24}

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‘Premier Dad’ not afraid of knockout

Liberals estimate one MMA event could generate up to $6 million

Mixed martial arts, online gambling — is it time to say goodbye to “Premier Dad”?

Premier Dalton McGuinty insisted yesterday that he’s not worried his flip-flops on the controversial sport or Internet wagering will tarnish his Boy Scout image.

“I never knew I had one,” he said with chuckle.

McGuinty had always dismissed the idea of allowing the combat sport saying it just wasn’t a priority for Ontario families.

But he gave the sport another look because the economy is now on the mend, McGuinty explained after a speech in Windsor to Ontario municipalities.

The governing Liberals took a “serious look” at MMA during the last caucus meeting, and decided to give it their blessing over the weekend after gauging public opinion on the issue, he said.

“Ontarians have been pretty straightforward with us,” McGuinty added. “They said, ‘We want a choice.’ And we will make sure that they have that choice.”

But he acknowledged that money was also a motive for his cash-strapped government’s reversal on MMA, saying it will allow Ontario to remain “competitive” in hosting the events. Money also appeared to factor into the government’s abrupt decision last week to cash in on Internet gambling, an idea McGuinty had derided during his days on the Opposition benches.

“If he’s been distracted by the economy and he actually thinks that mixed martial arts and online gaming are going to be the solutions to Ontario’s economic woes, then I think we’re in big trouble as a province.”
ANDREA HORWATH, NDP LEADER

It seemed out of character for a ban-happy government that has previously prohibited pit bulls, pesticides, using cellphones while driving, smoking in vehicles carrying children, and alcohol for any driver age 21 and under.

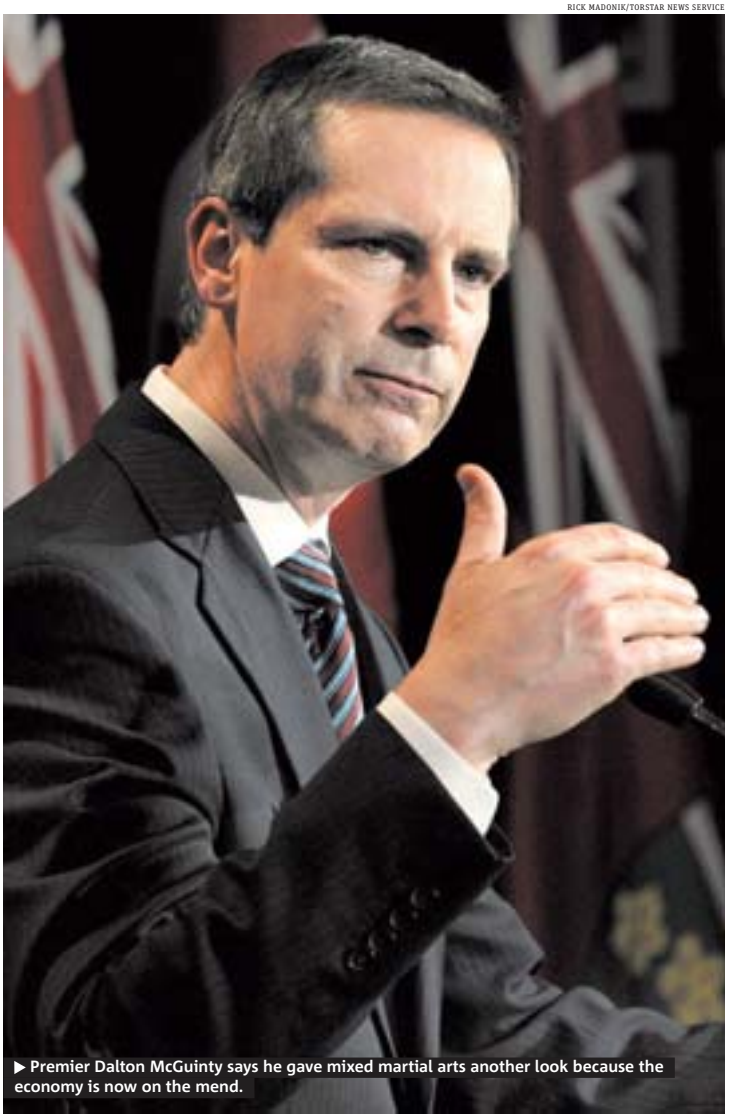
“It’s the height of hypocrisy,” said NDP Leader Andrea Horwath.

But McGuinty dismissed the suggestion that he’s sending mixed messages by imposing strict rules on young drivers, while allowing them to gamble online.

McGuinty defended the move, saying Ontario residents are already gambling on thousands of websites.

THE CANADIAN PRESS

RICK MADONIK/TORSTAR NEWS SERVICE



▶ Premier Dalton McGuinty says he gave mixed martial arts another look because the economy is now on the mend.

Arena gets thumbs-up, never mind the funding

Though the money hasn’t been found yet, an $88-million hockey arena proposed for the city’s waterfront has received unanimous support in principle from the city’s executive committee.

Led by Mayor David Miller, the committee was solidly in support of building a stacked facility at Commissioners Street and Don Roadway even though only $34 million has been earmarked. The committee was told that hockey users may be willing to pay a surcharge to help fund the complex, which would offer four NHL-sized ice surfaces, spectator seating, and an indoor track.

30 The number of years a staff report estimates it will take to pay off a $21-million to $25-million bond.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

▶ David Miller

News in brief

Councillors pass the buck

WAGES. The issue of whether the mayor of Toronto deserves a pay raise will be decided by David Miller’s successor. The executive committee voted yesterday to let the next council deal with the controversial subject.

Last week, an outside consultant tasked by council to study the issue, released its report, which cost taxpayers $50,000. It said the mayor deserved an additional $16,000 in pay, while councillors’ salaries should remain the same.

TORSTAR NEWS SERVICE

Officer shot in training

INJURED. A police officer was taken to hospital with serious injuries after he was accidentally shot in the leg during a training exercise in Etobicoke yesterday at the Toronto Police College at 70 Birmingham St., east of Islington Avenue.

TORSTAR NEWS SERVICE

1 news

News on the move

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On the web at metronews.ca

$50,000 fee meant massive profit for smugglers behind ship of Tamil migrants. Video at metronews.ca/canada

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Israeli soldier in hot water over Facebook photo with bound Arab prisoner. Scan code for story.

Previously buried fuel tank leaks into Don River

Fuel tank ruptured during excavation Sunday on site of former WWI airfield Spill contained yesterday

A piece of Toronto's past was unearthed Sunday, courtesy of a summer rain storm.

That's when construction workers excavating the back lot of a Staples office supply store in Leaside ruptured an underground fuel tank — a remnant of a First World War airfield used to train pilots, mechanics and maintenance crews for the Royal Flying Corps.

The punctured tank didn't raise any eyebrows at first. The construction company made arrangements to have the contents pumped out yesterday.

But then the rain came, kicking off a chain of events that led to the decades-old chemicals, including aviation fuel and kerosene, seeping into the sewer system and eventually into the waters of the Don River.

TARA WALTON/TORSTAR NEWS SERVICE

▶ Crews remove the diesel tank Sunday

By yesterday, the fuel spill had been contained by a series of booms and the tank taken away, but Toronto Fire Capt. Mike Strapko said his hazardous materials team was still a little shocked over what had been uncovered.

"It's routine for us to control these kind of spills that get into the waterways and sewer system ... but this one has been a little unusual," he said. "It could have been much worse."

The airport's biggest claim to fame came in 1918 when Brian Peck safely landed the country's first airmail flight there.

What authorities didn't realize at the time was that Peck had used the delivery as a guise to transport several cases of liquor from "wet" Montreal to "dry" Toronto at the height of prohibition.

TORSTAR NEWS SERVICE

Union calls for halt to EQAO testing

The union representing elementary school teachers in Ontario says it wants to halt standardized testing for elementary school students to allow for public consultation.

The Education Quality and Accountability Office testing is given to students in Grades 3 and 6, and focuses on testing literacy and math skills.

THE CANADIAN PRESS

Real estate

- The union's president, Sam Hammond, says the federation commissioned Environics Research Group to convene focus groups with teachers across the province to find out about their experience with the testing.
- Hammond says the testing is also forming the basis for the School Information Finder, which real estate companies use to rank schools and neighbourhoods.

▶ Guest of honour Suniel Shetty

MISS INDIA-CANADA

Sixteen finalists will compete in the 20th annual Miss India-Canada event on Saturday at the DoubleTree by Hilton Hotel — and you can have your say.

Vote for your favourite contestant at winwithrogers.ca, or MissIndiaCanada.com. The winner of the Rogers People's Choice Award will be announced at the show. Plus, a Rogers Rocket Stick will be given to a randomly selected voter.

Actor Suniel Shetty, seen in the critically acclaimed movie Red Alert: The War Within, will be the guest of honour at the event and will be presented with a special achievement award.

The show is scheduled to start at 8:30 p.m., preceded by cocktails at 6 p.m. and dinner at 7 p.m. Call 416-744-0239 for ticket information.

Contestants are judged on their Indian dress, evening gown, talent and public speaking.

METRO NEWS SERVICES

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Canadians look for life on Mars

Tool worked on by native scientists will be used during 2016 NASA/European Space Agency mission

The latest hunt for signs of life on Mars will involve a team of Canadian scientists searching for gas.

The researchers are part of an international team that will work on an instrument known as MATMOS — or Mars Atmospheric Trace Molecule Occultation Spectrometer. The mission is designed to take one approach to looking at life on Mars by examining the composition of the atmosphere, Ed Cloutis, a geography professor at the University of Winnipeg and a member of the project team, said yesterday.

"The instrument is designed to look through the atmosphere of Mars and it's exquisitely sensitive to a wide variety of gases," said Cloutis.

THE CANADIAN PRESS

Methane

- The gas was found on Mars in 2003 in greater abundance than expected.
- "The thought there is that biological processes like bacteria chewing on things on Mars may lead to the release of certain kinds of gases that are only associated with biology," said professor Ed Cloutis.

Shoes. Fundraiser

▶Sarah Beam, assistant curator of the Bata Shoe Museum, judges one entry in the Art to Boot exhibition at SKETCH on King Street yesterday.

JOHN R. KENNEDY/FOR METRO TORONTO

Exhibit gives street youth a leg-up

The seventh annual Art To Boot fundraising initiative, benefiting street-involved and homeless youth, features Blundstone boots decorated by artists and celebrities. The fancy footwear is on display until Sept. 22.

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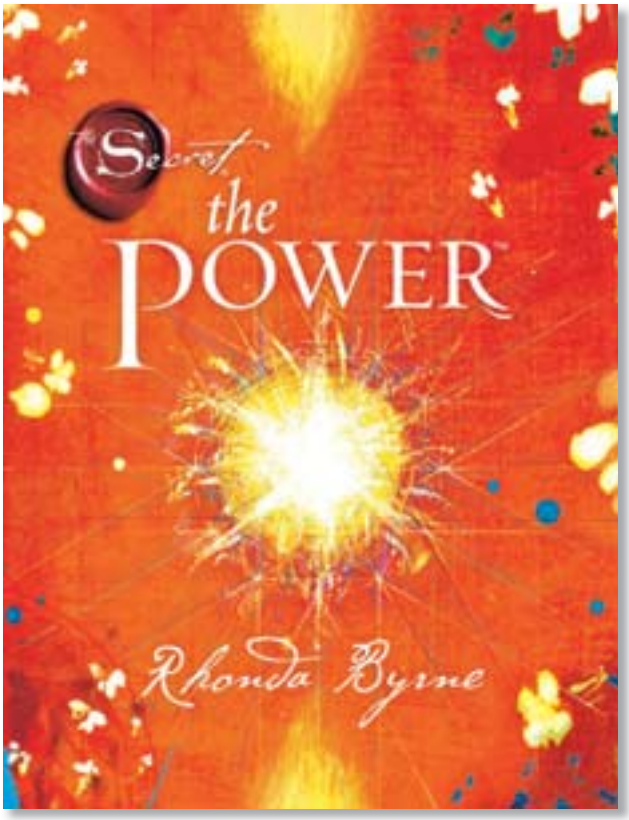

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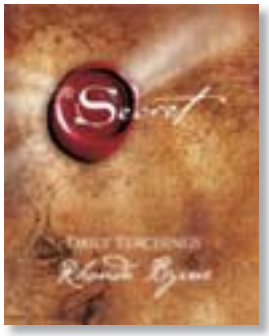
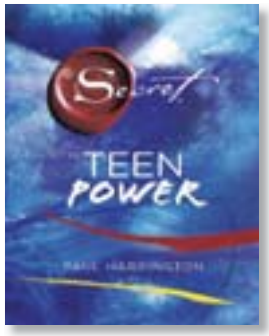


The Secret Daily Teachings



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News in brief

Courthouse windows smashed

OSHAWA. Police are asking the public to help identify a man after windows were smashed at the new provincial courthouse in Oshawa.

A man was seen running with a hammer smashing 10 panes of glass at the courthouse Friday night.

Police have released images of the suspect who is described as about six feet tall. He was wearing a blue jacket with a white collar and white striping down the front, a red shirt, black baseball cap with a white logo, and green cargo-type shorts. **THE CANADIAN PRESS**

$130K
A damage estimate after the courthouse windows were smashed.

Magna ruling expected today

BUYOUT. An Ontario court is expected to rule today on a controversial plan to pay Magna International's founder and chairman Frank Stronach a hefty premium to give up voting control of the company.

Magna's shareholders have already approved the plan, which would see Stronach paid about $1 billion in cash and shares to give up his control of the auto parts giant.

THE CANADIAN PRESS

Lightning hits man: Reports

STRIKE. News reports say a man in his 20s is in hospital after being struck by lightning Sunday in Toronto's east end.

First-responders performed CPR on the man but there was no official word on his condition.

One witness said the man appeared to be playing football when the lightning strike occurred.

THE CANADIAN PRESS

Board defends Wi-Fi despite health worries

About a dozen parents complained about children's symptoms, suggested the problem is Wi-Fi: Official

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Education Minister Leona Dombrowsky says she will write to her federal counterpart outlining parents' concerns about Wi-Fi as Ottawa is in the best position to address the issue.

A school board in central Ontario is defending its decision to keep wireless Internet access in classrooms, despite fears from some parents that radiation from Wi-Fi transmissions is making kids sick.

There is no scientific or medical evidence to show children complaining about headaches, dizziness and nausea are being made ill by Wi-Fi, the Simcoe County District School Board said yesterday.

The board will not turn off Wi-Fi access in schools this fall, despite the concerns of critics who say there's no evidence to prove radiation from wireless transmitters is safe for children as young as four.

There's no evidence to show Wi-Fi harms children, said the board's director of education, John Dance.

"There's nothing definitive that says wireless is causing the issues, so the board affirmed its decision for wireless communications in our schools," he said.

A group of parents formed a committee when they say they realized their children were displaying the same sorts of symptoms, and that the problems cleared up on weekends and holidays when kids weren't in school, said an organizer. **THE CANADIAN PRESS**

Concern

- Prof. Magda Havas of Trent University in Peterborough, Ont., who does research on the health effects of electromagnetic radiation, issued an open letter last year saying she was "increasingly concerned" about Wi-Fi and cellphone use at schools.
- Statistics show young children absorb much more radiation than older children and adults because of their thinner skulls.

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SHAKIL ADIL/THE ASSOCIATED PRESS

▶ Pakistani flood victims fight for relief food distributed in Shekarpur, Pakistan yesterday.

Anger spilling over in Pakistan

- UN warns 3.5 million children at risk of disease
- Says it has insufficient funds to help all victims

Angry flood survivors in Pakistan blocked a highway to protest slow delivery of aid and heavy rain lashed makeshift housing yesterday as a forecast of more flooding increased the urgency of the massive international relief effort.

Pakistan's worst floods in recorded history began more than two weeks ago in the mountainous northwest and have spread throughout the country.

Some 20 million people and 160,000 square kilometres of land, about one-fifth of the country, have been affected. The scale of the disaster has raised concerns it could destabilize the country, which is pivotal to U.S. hopes of defeating al-Qaida and the Taliban.

Hundreds of victims blocked a major highway with stones and garbage near the hard-hit Sukkur area. Protester Kalu Mangiani said officials only came to hand out food when media were present.

"They are throwing packets of food to us like we are dogs. They are making people fight for these packets," he said.

THE ASSOCIATED PRESS

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2375 Eglinton Ave E
1885 Kennedy Rd
4320 Kingston Rd
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5981 Steeles Ave E, Unit 106, Building E

Do you know which chemicals are inside you?

- Study finds most Canadians have levels of bisphenol A in their bodies
- 88% have mercury concentrations

A new federal study has found that blood lead concentrations among Canadians have fallen dramatically since they were last measured 30 years ago.

But the Canadian Health Measures Survey, released yesterday by Statistics Canada, says 91 per cent of Canadians aged six to 79 had bisphenol A in their urine.

It found lead in 100 per cent of those tested, but less than one per cent had concentrations at or above the intervention level of 10 micrograms per decilitre of blood.

THE CANADIAN PRESS

BPA levels

Bisphenol A was detected in the urine of 91 per cent of those surveyed.

- **Household products.** The chemical has been used in water bottles, canned food lining and hundreds of other household items.
- **Cause cancer?** Some scientists believe exposure to bisphenol A can harm the reproductive and nervous systems and possibly promote cancers. They point to dozens of animal studies, though the negative effects have not been recorded in humans.

Ground Zero mosque. Election issue

▶ U.S. President Barack Obama has said that religious freedom allows a mosque to be built.

HUGER S

Constitutional crisis

A White House spokesman says politics was not a factor in President Barack Obama's remarks about building a mosque near the site of the 9/11 attacks in New York City. Republicans have pounded him for his words, making it a November election issue.

One death in jetliner crash called a 'miracle'

A Boeing 737 jetliner filled with vacationers crashed in a thunderstorm and broke apart as it slid onto the runway on a Caribbean island yesterday. Only one of the 131 people on board died.

The plane hit short of the runway on Colombia's San Andres Island and skidded on its belly as the fuselage fractured and bits of landing gear and at least one engine were ripped off. The jet wound up on one end of the runway, as passengers scrambled or were helped to safety.

"It was a miracle and we have to give thanks to God."
GOV. PEDRO GALLARDO

Officials said they were investigating reports the Aires airline jet was hit by lightning before the crash on the resort island.

THE ASSOCIATED PRESS

Man remanded after Sussex Drive fire

A man who allegedly set a small fire outside the prime minister's official residence has been remanded for a 30-day psychiatric assessment after appearing in mental health court yesterday.

THE CANADIAN PRESS

German rock singer faces allegations of knowingly infecting partner with HIV.

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Miami Travel Sep 13 - Sep 20/ws	$198	+ taxes & fees $120
New York Travel Sep 16 - Sep 23/la	$229	+ taxes & fees $105
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Paris Travel Sep 24 - Oct 3/ts	$334	+ taxes & fees $363
Los Angeles Travel Sep 16 - Sep 23/dl	$339	+ taxes & fees $130
Munich Oktoberfest Travel Sep 28 - Oct 6/ts	$399	+ taxes & fees $327
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Rhapsody of the Seas + taxes & fees $164
CRUISE from Seattle to Vancouver and visit Juneau, Skagway, Tracy Arm Fjord, Ketchikan & cruise the Inside Passage. Sails Sep 10/rcl.

Panama Canal 14-Night Cruise $819
Celebrity Millennium + taxes & fees $274
CRUISE from San Diego to San Juan and visit Los Cabos, Acapulco, Huatulco, Puntarenas, Panama Canal (cruising), Colon, Aruba & Curacao. Sails Sep 27/cel.

Canary Islands 10-Night Cruise $1319
Independence of the Seas + taxes & fees $133
CRUISE roundtrip London (Southampton) and visit Vigo, Lisbon, Tenerife, Las Palmas, Funchal & La Coruna. Sails Aug 29/rcl.

New Zealand 14-Night Cruise $1608
Rhapsody of the Seas + taxes & fees $209
CRUISE roundtrip Sydney and visit Milford Sound, Dusky Sound, Doubtful Sound, Dunedin, Christchurch, Wellington, Napier, White Island, Tauranga, Auckland & Bay of Islands. Sails Dec 4/rcl.

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Migrants' ship built for profit, minister says

Toews says evidence suggests MV Sun Sea was test boat Incident may spark tougher shipping laws

Public Safety Minister Vic Toews says the almost 500 Tamil migrants who arrived by freighter last week paid as much as $40,000 or $50,000 each for the passage, resulting in a massive profit haul for the smugglers that brought them to Canada.

Toews said he's not sure if every passenger paid that, but either way, he said the voyage was organized to "maximize profit."

"This was a very profitable undertaking, even if the boat is eventually seized," Toews said.

"This could afford a criminal organization with a lot of money. Whether or not the individuals on the ship are actually part of the criminal organization, certainly the amount of money paid goes to finance a criminal organization."

THE CANADIAN PRESS/SEAN KILPATRICK

▶ Vic Toews, public safety minister

RCMP confirmed a 37-year-old man died of an unspecified illness during the voyage, about three weeks before the ship came into Canadian waters.

Toews says the owners of the MV Sun Sea always had their sights set on Canada and were part of a criminal enterprise, possibly the Tamil Tigers.

He said the small ship had sanitation facilities that had undergone major renovations to accommodate hundreds of people.

Reports say two more ships are poised to head Canada's way, but Toews said he didn't know how many there might be.

THE CANADIAN PRESS

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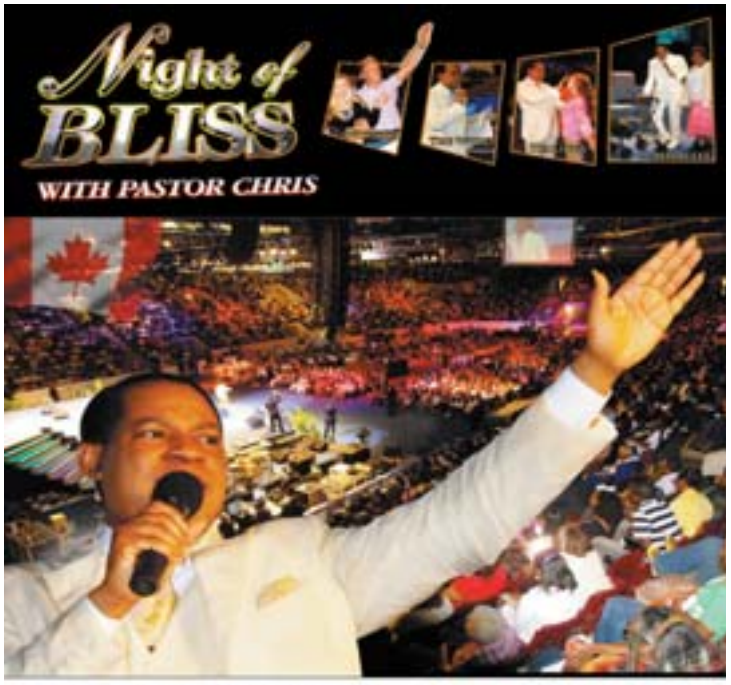

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Electric cars. Road trip

▶ Teams from Australia, Germany and Switzerland set off from Geneva yesterday for what they hope will be the first carbon neutral race around the world, using electric vehicles.

SALVATORE DI NOLFI/THE ASSOCIATED PRESS

Gentlemen, plug in your motors

Using custom built two-seater electric vehicles that will be charged from regular power outlets along the way, participants set off on their carbon-neutral trip, expected to visit 150 cities before returning to Geneva in January.

Gender bender

Study finds financially dependent men more likely to cheat

They may have success in bringing home the bucks, but new research suggests female breadwinners may be less victorious in the love department when it comes to their male partners staying faithful.

In the paper's abstract, the author argues that for men, making less money than their female partner may be a threat to their gender identity "by calling into question the traditional notion of men as breadwinners."

"I think one of the things is it's not threatening for women to make less than her partner. That's the status quo," said the study's author Christin Munsch, a sociology PhD candidate at Cornell University.

"It's based on our sort of cultural idea of what it means to be a man and what it means to be a woman," she said.

THE CANADIAN PRESS

The findings

- **Sexual prowess.** Men who completely relied on their female partner's income were five times more likely to cheat.
- **Status quo.** Women who were economically dependent on men were less likely to cheat.
- **Personal power.** Men were least likely to engage in infidelity when their partners earned less.

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Taliban stoned Afghan couple to death for adultery

Ancient practice abolished in most countries An Afghan provincial spokesman condemned the act

Taliban militants stoned a young couple to death for adultery after they ran away from their families in northern Afghanistan, officials said yesterday.

Amnesty International said it was the first confirmed stoning in Afghanistan since the fall of Taliban rule in the 2001 U.S.-led invasion.

The Taliban-ordered killing comes at a time when international rights groups have raised worries that attempts to negotiate with the Taliban to bring peace to Afghanistan could mean a step backward for human rights in the country. When the Islamist extremists ruled Afghanistan, women were not allowed to leave their houses without a male guardian, and public killings for violations of their harsh interpretation of the Qur'an were common.

This weekend's stoning appeared to arise from an affair between a married man and a single woman in Kunduz province's Dasht-e-Archi district.

The woman, Sadiqa, was 20 years old and engaged to another man, said the Kunduz provincial police chief, Gen. Abdul Raza Yaqoubi.

Her lover, 28-year-old Qayum, left his wife to run away with her, and the two had holed up in a friend's house five days ago, said district government head, Mohammad Ayub Aqyar.

They were discovered by Taliban operatives Sunday and stoned to death in front a crowd of about 150 men, Aqyar said.

"Amnesty International has warned that the Afghan government should not sacrifice human rights, particularly the rights of women and minorities, in the name of reconciliation with the Taliban and other insurgent groups," Amnesty said.

THE ASSOCIATED PRESS

Iranian sentence

The stoning sentence for an Iranian mother of two has been lifted for now after it prompted an outcry from the U.S.

- **No refuge.** Iran's president says authorities won't send a woman who had faced death by stoning on an adultery conviction to Brazil, which has offered her asylum.
- **Cases very rare.** President Mahmoud Ahmadinejad addressed the international outcry over the woman's initial stoning sentence by saying "the number of such people is very very insignificant."

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News in brief

Tio expands in Canada

BILLING. Bill payment processor Tio Networks has reported its transaction revenue increased 80 per cent in its fourth quarter and that it has expanded into Canada with new wireless player Mobilicity as a customer.

The Vancouver-based company said it will provide customers of Mobilicity, which launched in May in Toronto, real-time bill payment services.

THE CANADIAN PRESS

Quebec airline stops flying

AEROPRO. Quebec charter airline Aeropro has ceased flying and laid off 100 employees after failing to stop Transport Canada from revoking its operating permit. The permit was withdrawn after an Aeropro plane crashed on June 23 and killed seven people on board.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+24.51 (11,552.76)	–0.29¢ (95.73¢ US)
Oil	**Natural gas**
–15¢ US ($75.24 US)	1,000 cu ft $4.228 (–10¢)
	Gold contracts $1,224.50 (+$9.60)

U.S. watchdog probes Soul

VEHICLES. The U.S. National Highway Traffic Safety Administration is investigating into possible loss of steering control in a 2010 Kia Soul, a boxy vehicle aimed at urban motorists. The agency says it has received one complaint alleging complete steering loss and that the steering shaft interfered with the driver's ability to hit the brakes.

THE ASSOCIATED PRESS

HST blamed after home sales dry up

Sales peaked in December 2009 on pent-up demand from the recession ◗ Ultra-low interest rates helped

Canadian homes sales activity last month was down 30 per cent from a year earlier — a decline driven largely by a widely expected slowdown following the introduction of a new tax regime in the once-hot markets of B.C. and Ontario.

The Canadian Real Estate Association says July's data from the Multiple Listing Service, which handles the bulk of Canadian home resales transactions, continued a months-long cooling trend in the once-bustling real estate sector.

"The soft sales figures we're seeing right now can be attributed in part to accelerated home purchases earlier in the year," said CREA president Georges Pahud.

"Activity may remain at lower levels for some time, but ultimately we expect a more stable market to emerge, with demand coming back into line with economic fundamentals."

On a seasonally adjusted basis, sales were down 6.8 per cent from June.

CREA says the decline was almost entirely the result of fewer sales in British Columbia and Ontario, where the harmonized sales tax was implemented July 1, prompting many would-be buyers to push sales forward into the first half of the year.

THE CANADIAN PRESS

▶ Buyers rushed into the housing market earlier this year in advance of mortgage rate changes, interest rate hikes and the introduction of the HST in B.C. and Ontario.

Home sales

- **British Columbia** had the biggest dropoff at 14.1 per cent, followed by Ontario with an eight per cent decline. Sales in the Prairies and Quebec were on par with June levels.
- **The Canadian Real Estate Association** says the pace of decline was slower than in May and June — which followed an extremely busy period early this year.
- **Activity** this year is still up 5.6 per cent compared to the first seven months of last year, but the gap is expected to shrink as the year progresses.
- **CREA** says the average price of homes sold through the Multiple Listing Service was $330,351, up one per cent from a year ago.

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TRENDY TURN-OFFS: A FASHION FIGHT

She says ...

JESSICA NAPIER

The other day, I found myself standing in my closet with a serious case of nothing-to-wear syndrome.

After I had spent half an hour rummaging through an enormous pile of clothes, I eventually decided to throw on an old standby summer dress. I emerged from the closet in a fun, flirty (and maybe most importantly, forgiving) frock only to be met with unappreciative groans from my boyfriend who had been patiently waiting while I had my wardrobe-related meltdown.

"Couldn't you wear something a little tighter?" he asked, eyeing my flowy, empire waist garment. "That looks a little bit like a tent."

Apparently, my testosterone-fuelled roommate is not a fan of comfort over curves. I decided to keep the dress on regardless; this was hardly the first time we had feuded over fashion.

Our most memorable clash was our war of words over the siren-red lipstick. I say sexy bombshell, he says un-kissable harlot. It seems most men do not appreciate puckering up to someone with an intensely pigmented mouth.

"Why do men and women have such vastly different opinions on our favourite items of clothing? I have to assume that guys don't really care about the clothes themselves."

Why do men and women have such vastly different opinions on our favourite items of clothing? I have to assume that guys don't really care about the clothes themselves; they're more concerned with how we look in them. Figure trumps fashion, and so the trends that we find en vogue are often given a thumbs down by the men in our lives.

Looking back, we've all made some style faux-pas at one point or another. In the '90s, my middle-school self had a bad perm and an even more heinous collection of French berets.

I guess I've always taken an experimental approach to fashion. This year alone I've dabbled in bold shoulder pads, floral hair bands, faux fur vests, clogs, pastel blue nail polish — hell, I even own a pair of jeggings. But more often than not these looks are met with an eyebrow raise from a partner who doesn't seem to appreciate my penchant for achingly trendy items.

So what fashion fad do men hate the most? UGGs. Yes, according to a recent study (and by that I mean an informal poll of my male friends and coworkers) these ubiquitously frumpy boots top the tragic trend list.

Sorry guys, but as long as there are mid-February snowstorms and icy sidewalks, you'll find us stomping through the slush in our hideously practical footwear.

Cartoon

MICHAEL DE ADDER

Helmets great, laws aren't

Letters & Tweets

OTTAWA. I am all in favour of using helmets when biking. They protect your noggin and are a good platform for bright reflective stickers.

But if a law discourages healthy activity, even casual cycling for errands and other trips, the gain in safety from accidents is less than the unhealthy effects of inactivity.

Studies in Nova Scotia and Australia and other places have recorded significant and large decreases in cycling when helmets were made mandatory for adults. In Europe, few cyclists wear helmets, but their injury and fatality rate is much less than North America where a greater proportion wear helmets.

The more cyclists there are, the lower the accident rate is, so discouraging cycling actually increases the danger to the remaining cyclists. When helmet laws were introduced in Nova Scotia, there were fewer cyclists and a greater proportion wearing helmets — but just as many injured cyclists.

More cycling also means less air pollution and less wear and tear on the roads.

The biggest safety benefit of helmet laws is largely for kids.

I think the greatest danger comes from less cycling, not legislating bicycle helmets for adults.

TOM TROTTIER

More bikes, less pollution

RANDY QUAN/TORSTAR NEWS SERVICE

What's your favourite dessert?

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Metro Minute on Bathurst Street

If Dickens were still alive, he'd call it the ghost of streetcars past. Since he's not, he can commence his proverbial grave-roll over the abuse of his genius to describe tracks along Bathurst Street that run northbound to nowhere.

The tracks once enjoyed a long, fruitful life transporting TTC riders all the way up to St. Clair Avenue.

When Bloor station opened in 1966, the tracks still ran streetcars from the historic Wychwood carhouse along Bathurst. After the carhouse closed in 1978, so did the route.

As the St. Clair line has managed to avoid a similar fate, the tracks have remained in the event of an eventual resurrection.

JORDANA DIVON

TORSTAR NEWS SERVICE

▶ Streetcars used to run north on Bathurst Street all the way to St. Clair Avenue.

2 scene

News in brief

1 The first crop of Emmy presenters have been announced, and they represent some of the most popular and most nominated TV shows of the year. Nominees Matthew Morrison, January Jones, along with The Office creator Ricky Gervais will appear at the Aug. 29 ceremony.
THE ASSOCIATED PRESS

2 Another MTV Jersey Shore cast member has been arrested. Police say Ronald "Ronnie" Ortiz-Magro was taken into custody around noon Sunday for outstanding warrants involving unpaid parking tickets.
THE ASSOCIATED PRESS

Job transfer: Ricky Gervais is developing The Office for Chinese television

GENTL & HYERS

▶ Actress Jill Hennessy started out as a teen busking for rent money and has released a new album Ghost in my Head.

Hennessy gets back to her musical roots

Many of the songs inspired by her unsettled family life across Canada

GRAHAM ROCKINGHAM
SCENE@METRONEWS.CA

Jill Hennessy's performance at the Rivoli today will bring back a lot of memories.

Twenty years ago, the popular Canadian actress, best known for her work in Law and Order and Crossing Jordan, used to earn her keep by standing outside the Queen Street (Toronto) club, strumming a guitar and singing for spare change.

At the time, Hennessy hadn't really thought of acting. An audition for the Broadway musical, The Buddy Holly Story, would eventually get her to New York and an enviable career as an actress.

Back then, her life centred around music and just getting the rent paid. During the past few years — freed from the distractions of a hit TV show — Hennessy has been able to refocus her talents on music. The result is her debut album, Ghost in my Head.

Hennessy, 41, laughs when reminded of her busking career back in the early '90s: "Outside the Rivoli was where I used to play guitar for money. It will be such a luxury to actually play inside for money for the very first time."

Hennessy was born in Edmonton, but raised in several different cities in Canada as her family followed her salesman father from job to job — Calgary, then White Rock and Cranbrook in B.C., Burlington, Kitchener and Waterloo in Ontario. At the age of 18, she found herself living by herself in downtown Toronto and took to the streets.

Through the influence of her parents' record collection, Hennessy's musical tastes were formed listening to the songs of Joni Mitchell, James Taylor and Gordon Lightfoot. Her new album follows that '70s singer-songwriter tradition.

"They're songs that a lot of people can relate to," Hennessy says in an interview with Metro. "These are the images that have been haunting me for a very long time so I did find them necessary to put down."

Canadian double threats

Beside Jill Hennessy there have been several other Canadian cross-over actors/musicians. Here are some of the other noteable ones:

Alanis Morissette: The Jagged Little Pill singer from Ottawa had the honour of playing God in Kevin Smith's Dogma and is a regular on Weeds.

Hugh Dillon: The lead singer of the '90s rock band the Headstones is now the star of Flashpoint and Durham County.

Drake: One of the hottest music stars in the world got his start playing Jimmy Brooks on Degrassi: The Next Generation.

Chris Jericho: The Winnipeg WWE star has recorded five CDs as singer for metal band Fozzy.

Alan Doyle: The Great Big Sea singer played Allan A'Dayle in Russell Crowe's recent Robin Hood.

Avril Lavigne: The punk princess of punk supplied the voice of Penny the Possum in Beyond the Hedge. Her possum dad was Star Trek's William Shatner.

William Shatner: In 1968, Capt. Kirk released the LP The Transformed Man with ridiculous spoken word versions of Lucy in the Sky with Diamonds and Hey, Mr. Tambourine Man.
GRAHAM ROCKINGHAM

ANTICIPATION HIGH FOR FALL DISCS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

No one wants the summer to end, but at least there's a bright side — a plethora of records get released between now and the end of the year. Here are a few discs to lookout for in the back half of 2010.

Weezer — Hurley (Sept. 14)

Even though Weezer's last few records haven't resonated much with longtime fans, people still get excited when Rivers Cuomo releases a new record. This is the first time they've put out a disc on an indie label (Epitaph) and they're claiming it's a return to their indie-rock roots. First single Memories, is hopefully an indication of how the rest of the disc sounds — it's a loud, driving, riff-heavy rock number, and it's really good.

The Walkmen — Lisbon (Sept. 14)

This gritty New York four-piece rose to indie-rock fame with their 2004 sophomore record Bows & Arrows and have been consistently strong since. While they continue to make gravelly, amped-up Dylan-inspired sounds, they're also not afraid to turn down the distortion. That's clear from their new songs on MySpace. Stranded is a quiet ballad with sad sounding horns and minimal guitars; Angela Surf City is the opposite — it's got manic drums, an aggressive wall of distortion and Hamilton Leithauser's brilliant wail.

Antony and the Johnsons — Swanlights (Oct. 12)

Antony Hegarty is proof that you don't need to be a Maroon 5-wanabee if you want a successful music career. His band, Antony and the Johnsons, have made a name for themselves playing soft, dramatic chamber pop. The 2005 Mercury Prize winner's last disc was pretty depressing so it's a nice to change to hear new single Thank You For Your Love — an upbeat soul number that shows off Hegarty's happier side.

Kanye West — Good Ass Job (Nov. 16)

There's almost no artist who can generate pre-album buzz like Kanye West. Last week, out of the blue, he released an unmastered version of a new song on his website. (It's since been taken down.) If this track is any indication, his fifth record will be a big improvement over the lackluster, auto-tune mistake 808s & Heartbreaks. The song, See Me Now, is an upbeat number layered with choir-like background vocals and an aggressive R&B chorus courtesy of Beyoncé. The disc also features contribution and productions credits from Kid Cudi, Q-Tip, Pete Rock, RZA, and apparently, Bon Ivor's Justin Vernon.

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Glee-fully awaiting Season 2

Glee creator Ryan Murphy isn't shy when it comes to spilling details about the series' second season — which airs on Global in September

▶ Glee returns Sept. 21 at 8 p.m. on Global.

AMBER RAY
amber.ray@metro.us
REPORTING FROM TCA PRESS TOUR

▶ Big-name musicians are still clamoring to have their music on the show

"I got a mix tape from Paul McCartney a couple weeks ago," Murphy admitted. "I thought I was being punked. It was ... two CDs and it said, 'Hi, Ryan. I hope you would consider some of these songs for Glee,' and then it said 'Paul.' It had these huge songs [on it]. I know that he is ... a fan of the show and just admires and loves that it's about art education. We are going to do something with him."

▶ Don't expect Glee: The College Years anytime soon

"We've sort of mapped out the first four years with our original cast," Murphy said. "But I think, you know, we have an obligation to be true to the high school experience. I don't want to do a thing where we wake up and Episode 5 is five years in the future and they're all living in the same condo complex."

▶ But there's room for original music in Season 2, too

"We are going to have an original-music episode," Murphy said. "The assignment will be for the [actors] to write their own music. And we're talking to some great songwriters — and, of course, we'll be working with Adam [Anders, Glee music producer] on who those people will be."

▶ Britney Spears gets a tribute episode

"We're going to do the Britney Spears [tribute episode] in a very unusual way," Murphy teased. "My favorite thing about the Britney Spears thing is [star] Matt Morrison was asked if we were doing it, and he said, 'Oh, I hope not.' So the entire episode is him saying 'No, we're not doing Britney Spears.'"

▶ Sue Sylvester may be heading to a bookstore near you

"We're going to have Jane Lynch's character, Sue Sylvester, write her own autobiography," Murphy explained, referencing tie-ins to the series. "Then [we'll have] Jane on the show as Sue talk about, 'My book's almost finished,' and then hopefully go out on a little bit of book tour and sign as Sue Sylvester."

TV picks

White Collar your PVR

DRAMA. On White Collar, Neal confronts an old rival and an old challenge: creating a tricky forgery of a bottle of wine that once belonged to Ben Franklin. But as is often the case on this breezy procedural – a cable hit in the U.S. that Canucks are still catching up to – things might not always be as they seem. (A Channel)

America's Got Ratings?

WILDCARD. Seven days after 10-year-old Jackie Evancho's stunning performance of Giacomo Puccini's aria O Mio Babbino Caro, it's wildcard week on America's Got Talent. That means 12 previously eliminated acts will get a second chance at a spot in the semifinals. (Citytv, NBC)

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Gunless off target

Gunless
Genre: Action
Director: William Phillips
Stars: Paul Gross
●●½

The pistol is primed, but the gunpowder is damp.

Actor Paul Gross (TV's Due South) and writer/director William Phillips (Foolproof), brainy guys both, pass up an opportunity to really have at cross-border cultural traits. They only mildly spoof the American love of guns and the Canadian abhorrence of them.

It's 1882 and U.S. gunslinger The Montana Kid (Gross) arrives in Barclay's Brush (pop. 29), a hamlet in the "Dominion of Canada."

On the run from bounty hunters (led by Gross's old

Due South pal Callum Keith Rennie), he's barely made it across the border, strapped to his trusty steed and carrying unwanted lead in his hide.

When a local blacksmith (Tyler Mane) offers assistance, he's greeted with a Colt .45 in his face and the demand of a sundown shootout. A rapturous farmer (Sienna Guillory) scowls, pointing to the very Canadian disinclination of Barclay's Brush inhabitants to carry handguns.

Gunless does have its heady moments. They include a sublime soundtrack by Blue Rodeo stalwart Greg Keelor and evocative lensing by cinematographer Gregory Middleton. ● PETER HOWELL

Suck
Genre: Musical/Comedy
Director: Rob Stefaniuk
Stars: Rob Stefaniuk
●●●½

In a good and generous world, Rob Stefaniuk's hilariously frightful rock 'n' roll vampire satire would have been given a big Halloween theatrical splash after its fine TIFF hello last year. Instead, Suck has been a-moldering in the crypt until now, when it bypasses cinema for a stealth release on DVD. It's The Rocky Horror Show meets This Is Spinal Tap, a musical comedy collision that's been waiting to happen. Writer/director Stefaniuk (Phil the Alien) stars as the leader of a toothless Canuck band, the Winners, that suddenly finds its fangs. Watch for devil-saluting turns by rockers including Alice Cooper, Iggy Pop and and Alex Lifeson. ● PETER HOWELL

Me and Orson Welles
Genre: Drama
Director: Richard Linklater
Stars: Zac Efron, Christian McKay
●●½

Never has a "me" seemed more superfluous in a title than it does in Me and Orson Welles. The "me" refers to Zac Efron, who is looking to break out of his High School Musical box with a more dramatic role. He doesn't succeed, but the other half of the title and the entire movie belongs to Christian McKay, an unknown Briton who renders unto Welles what the showbiz giant truly deserves.
● PETER HOWELL

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Car wreck that is Gibson's life becomes literal

- Embattled actor crashes his expensive Maserati into a Malibu hillside
- Police claim Gibson unhurt, alcohol not suspected to be a factor

Mel Gibson was uninjured after crashing his sports car into a Malibu hillside, the California Highway Patrol said.

Gibson's 2008 Maserati careened off southbound Malibu Canyon Road on Sunday evening, the agency said.

Gibson's spokesman Alan Nierob said in an email the actor-director was doing fine.

The 54-year-old Academy Award winner was alone in the car. Authorities do not suspect alcohol was involved.

Gibson co-operated with the agency and was picked up from the scene by a friend. The CHP did not release any further details, and it was unclear how much damage Gibson's car sustained.

It's been a rough couple of months for Gibson, who is locked in a bitter custody dispute over his infant daughter with Russian singer Oksana Grigorieva. He also remained under investigation by the Los Angeles County Sheriff's Department for an alleged assault on Grigorieva earlier this year, although he has not been arrested and no charges have been filed.

Grigorieva, 40, is also under investigation after Gibson accused her of attempting to extort him. She has denied the allegation. THE ASSOCIATED PRESS

GETTY PHOTOS

▶ Mad Mel continues his rampage of destruction upon his beloved possessions.

Celebrity tweets

Dolly Parton [@Dolly_Parton] Some of my dreams are so big they would scare you!

Jamie Oliver [@jamie_oliver] lovely day in England, it's so beautiful in summer in this country

Spencer Pratt [@spencerpratt] is thinking about you. No not you. YOU!

Sarah Silverman [@SarahKSilverman] Anxious, needy cyber laughter is a bummer haha

AP PHOTO

▶ Eternal victim Lindsay Lohan is reportedly not getting any special treatment from staff during her rehab stint.

Delusion, interrupted

Lindsay Lohan's life in rehab isn't exactly an easy one, as sources tell TMZ nurses at the UCLA Medical Center facility are going hard on her to show they aren't playing favorites. The actress stays in a windowless room and watches TV through a pane of glass — and she's not allowed to change the channel herself. Says a source, who describes Lohan's stay as "full-on Girl, Interrupted treatment." The actress meanwhile, has reportedly taken it upon herself to mentor some of her fellow patients, write inspirational notes and give advice to younger women. METRO WORLD NEWS

Side Dish

1 Neil Patrick Harris and his partner, David Burtka, will become parents of twins this fall. A representative for Harris confirmed in an email yesterday that Harris made the announcement in a posting on Twitter. He did not say whether they were adopting or using a surrogate.

2 Jennifer Aniston is brushing off comments by Bill O'Reilly that the actress' support of single mothers is "destructive to our society" and "diminishes the role of the father," according to People magazine. "Of course, many women dream of finding Prince Charming with fatherly instincts, but for those who've not yet found their Bill O'Reilly, I'm just glad science has provided a few other options," she said. METRO WORLD NEWS

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3 life

Need to know

Organ donors: A new poll suggests that most Canadians strongly support both organ and tissue donation for transplantation, but many are confused about how to consent to be donors themselves. Find out more at organdonation.ca

Offspring of sperm donors in the U.S. are seeking changes so they can find their fathers more easily

ISTOCK PHOTO

Gym bag Essentials

7 things to give every modern guy the extra push he needs to complete his workout

LISA HERZ
WELLNESS@METRONEWS.CA

Used to be, a guy could hit the gym with nothing more than an old pair of Keds, a ratty T-shirt and a can of Axe.

The pared-down aesthetic is timeless for guys, but even unmetrosexual men can benefit from a few gym-bag perks.

1.

A little too enthusiastic with the deadlifts? Get some heat on those aching muscles with JR Watkins liniment ($11.99, Shoppers Drug Mart) containing camphor and capsicum, which calm pain by muting the "screams" of your poor, stressed nerve endings.

2.

Body Shop DeoDry Deodorant Stick in Cool & Zesty ($8, The Body Shop), uses natural volcanic mineral to absorb water and keep you dry for 24 hours. As a bonus, it's crisp and clean, not like those generic, industry-standard scents that all smell like teenage body spray.

3.

A separate shampoo and body wash? That's not going to happen — too many bottles. Gillette Gentle Clean Shampoo and Body Wash 2-in-1 ($6, drugstores) gives you clean hair and a clean body. Simple.

4.

Stash these miniature deodorizers (Sneaker Balls $6, Sport Chek) in the bottom of your gym bag or slip them into your shoes after a workout. The tiny soccer balls will keep bad smells at bay long after your World Cup-sized workout is over.

5.

Buy a Bodylogix product and you'll also receive a PIN code for online access to trainers and nutritionists who'll create customized workout and diet plans to meet your goals. Bodylogix Thermogenesis capsules ($30, exclusive to Shoppers Drug Mart) accelerate fat-burning to help you get the most out of your workout.

6.

Literally space-age technology, the fabric for the Tilley Outlast T-shirt ($49, tilley.com) was designed by NASA to stay cool when you heat up.

And, conversely, to keep you warm when it's cool.

7.

Time your circuits through weight stations with this rugged Swatch Mister Chrono ($135, swatch.com for stores) with a timing feature, easy-to-read dials and a rugged rubber strap.

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Ketchup? Mustard?

Extra statin?

U.K. doctor suggests adding cholesterol fighting drug to fast food

CELIA MILNE
WELLNESS@METRONEWS.CA

ISTOCK PHOTO

▶ How about you just stop eating fast food if you're worried about heart attacks?

Now we've heard everything! A doctor in the U.K. is suggesting fast food outlets provide statin drugs with their hamburgers.

The idea does have some logic behind it. Hamburgers, French fries and onion rings are known to increase the bad LDL cholesterol circulating in our bloodstreams. Statin drugs are known to reduce bad cholesterol. But, hey, what about avoiding that fast food meal altogether?

Dr. Darrel Frances from the Imperial College in London argues that it's tough to get people to stop eating hamburgers, so why not reduce their heart disease risk by having statins readily available? The pills could be an optional condiment, he says, like ketchup.

He and colleagues found in a study that being on a statin drug neutralizes the effect of eating badly. "We've worked out that in terms of your likelihood of having a heart attack, taking a statin can reduce your risk to more or less the same degree as a fast food meal increases it," he reports.

Never mind that statins are medications, and therefore associated with side effects, though these are fairly rare. The study was published recently in the American Journal of Cardiology.

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Avoid knee pains before they strike

Youth facing problem with their own osteo-arthritic symptoms

More and more young Canadians are experiencing osteo-arthritic symptoms, according to recent studies.

While exercise is a good way to prevent osteoarthritis (OA), it appears that young people who play too hard, or exercise without protecting their joints, can end up with joint pain that used to be more common among their parents or grandparents.

A 2009 study found that people engaged in high levels of physical activity sustained more severe knee injuries, including such damage as fluid buildup and torn cartilage and ligaments. Tennis, skiing and skateboarding can be hard on the knees. Hockey can lead to hip, knee and wrist damage. These types of injury can dramatically increase likelihood of developing osteoarthritis (OA).

Another factor behind OA in young people is obesity. Excess weight puts strain on joints and increases one's risk of injury from even simple day-to-day activities.

Glucosamine sulfate, chondroitin sulfate and MSM are among the most popular natural supplements used for joint care and repair, according to Dr. Joyce Johnson, consumer education specialist at WN Pharmaceuticals.

NEWS CANADA

▶ Natural supplements can help with daily joint care.

Inflammation

Here is a list of what prevents inflammation and a list of the things that can cause inflammation in joints. Joint inflammation can eventually lead to arthritis.

Prevents inflammation & arthritis:
Apple cider vinegar
Molasses
Fatty Fish like salmon (omega-3s)
Walnuts, flax seeds and flax seed oil
Olive oil
Tart Cherries
Berries and antioxidant fruits
Turmeric, cayenne pepper, rosemary
Kale, chard, cucumbers
Onion

Increases inflammation
Dairy products
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How to keep joints pain free

3 Research suggests three things can help you to prevent inflammation. A low protein diet high in complex carbohydrates, moderate exercise and avoiding foods that are known to cause swelling in joints and muscle stiffness.

Keep your joints healthy, mobile and pain-free with some basic lifestyle choices.

Exercise that does not stress the joints can help reduce toxic stress, improve muscle tone and improve blood flow, all of which contribute to lifelong joint health.

It is also important to maintain a healthy weight as excess weight puts pressure on your joints.

Focus on foods that enhance joint flexibility and lubrication. Studies show that a low protein diet, with lots of fresh antioxidant fruits and berries as well as complex carbohydrates, can help prevent osteo-arthritis.

NEWS CANADA

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▶ Budding breasts can cause a young girl to deal with grown-up issues they're not ready for.

Budding growth cause for concern?

- **Study shows puberty arriving for girls as young as 7**
- **Early onset elevates social and health issues**

CELIA MILNE
WELLNESS@METRONEWS.CA

Breasts at age seven? A new study has found that puberty is occurring earlier and earlier in girls.

This may not be healthy since it puts them at higher risk for social and emotional problems, and may slightly elevate their chances of developing cancer later in life.

For the study, 1,239 girls between age six and eight were recruited in three U.S. cities: Manhattan, San Francisco and Cincinnati. Most of the girls were either of white, black or Hispanic descent. Examiners were carefully trained to check girls' breasts and rate their stage of development.

At age seven, 23 per cent of black girls, 15 per cent of Hispanic girls and 10 per cent of white girls had breast development. By the time they reached age eight, 43 per cent of black girls, 31 per cent of Hispanic girls and 18 per cent of white girls were considered on the cusp of puberty. These numbers were higher than when measurements were made in a 1997 study.

Why is puberty occurring earlier? Higher rates of obesity is thought to be one cause. Heavier girls are more likely to grow breasts earlier. They are also more at risk for disease later in life: diabetes, heart disease and some cancers. Another theory is that environmental chemicals may be speeding up puberty by mimicking estrogen in the body.

Budding breasts can force young girls to deal with difficult grown-up issues they aren't ready for, such as sexual advances and hormone-related mood swings.

Obesity

We all know that obesity in children can lead to increased risk of type 2 diabetes, some cancers and heart disease. But many people don't realize there's another problem lurking among overweight kids: fatty liver disease.

Fatty liver disease It used to be an ailment only found in adults. Now, it's occurring in kids as young as four. It happens when fat accumulates in the liver, and the liver swells. The Canadian Liver Foundation reports that fatty liver disease is found in about half of obese children. There aren't any specific symptoms, just a feeling of being unwell. Doctors can test for this disease. It is best to prevent it by cutting down on junk food, eating less fat and more fibre, avoiding pop, eating lots of fruit and vegetables exercising every day

Childhood obesity on the rise
Puberty is occurring earlier in children and one of the culprits is excess fat. In Canada, obesity rates in children and young people have nearly tripled in the last 25 years.

CELIA MILNE

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Power salad, perfect steak

What happens when a carnivore and a vegan come to dinner?

CELIA MILNE
FOOD@METRONEWS.CA

It's pretty typical these days to have a mixed crowd at your dinner party with many different tastes and needs. But fear not, you can still throw a fabulous, down-home dinner party to please everyone.

"The idea is to have a menu that is diverse enough to appeal to all parties," says Corbin Tomaszeski, co-host of Dinner Party Wars, which premieres Sept. 1 at 9 p.m. on the Food Network Canada. For hosting your own dinner party, he suggests starting with old-time favourites such as pasta, rice or classic Italian risotto dishes and adding meat or fish for the carnivores.

For vegetarians, try bean cassoulet or vegetable ragout, suggests Tomaszeski, who is also the executive chef at Toronto's fashionable Holts Café (Holt Renfrew). Keep it fresh for everyone — including those who are dieting or cleansing — with soups and stews, salads, and chopped fresh vegetables. Avoid shellfish and nuts, so that those with allergies can share the fare. "The trick is to prepare a dish without reinventing it but that can be modular for all guests with dietary restrictions or allergies."

Even the simple, one-pot wonder can work at a dinner party. "Right now there's a huge trend of people cooking easy, classic dishes that go back to the roots of cooking and are reminiscent of comfort foods that we grew up with," says Tomaszeski. "Cook foods you're familiar with; take the ordinary and make it extraordinary.

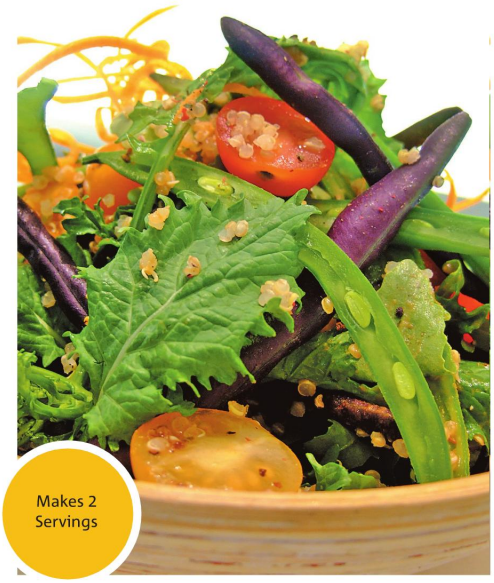
"Preparing and eating food should spark a memory. If it doesn't, it should make one."

You can serve your dinner party family-style without sacrificing quality. It's all in the presentation. "Use big, lovely platters or terrines. Or bowls that sit on the table and get passed around," suggests Tomaszeski.

If you want to take a break from your own dinner party triumphs and disasters, tune into Dinner Party Wars. Each show features three couples over three nights of competition to see which one is best at setting the table, choosing the menu, cooking, leading the conversation and keeping the kitchen on track. Co-host Anthea Turner provides hosting Do's and Don'ts.

Alberta the good

- Chef Corbin Tomaszeski, Co-Host of Dinner Party Wars, learned his trade in Alberta. He's an award-winning graduate of the Northern Alberta Institute of Technology's culinary arts program in Edmonton.
- This exacting, funny chef made his TV debut in Crash My Kitchen (Food Network) and appears regularly on Restaurant Makeover (HGTV/Food Network).



Makes 2 Servings

For the vegan...

This quinoa salad is perfect to be served to vegan and health conscious eaters.

Gently toss all ingredients together in a medium sized bowl. Line a large platter with whole leaves of your favourite lettuce. Place the mixed quinoa salad on the lined platter and garnish with fresh basil cress.

Serve immediately and enjoy.

Ingredients :

- 2 whole raw rapini — cut into 1-inch pieces
- 4 raw green beans — sliced in half lengthwise
- 4 raw purple beans — sliced in half lengthwise
- 4 raw yellow beans sliced in half lengthwise
- 6 yellow tear drop tomatoes — halved
- 6 red cherry tomatoes — halved
- ½ clove garlic minced
- 1 cup quinoa — cooked
- Salt and Pepper to taste
- 4-6 tbsp.roasted-tomato vinaigrette
- 2 cups whole arugula leaves

Roasted Tomato Vinaigrette:

- 8 halves of roasted plum tomato — skinned and seeded
- 1 garlic clove — minced
- 1 tsp. Dijon mustard
- 1-2 tsp. balsamic vinegar
- 1-2 tsp. red wine vinegar
- ¼ cup extra virgin olive oil
- salt and pepper to taste
- Combine all ingredients in a blender and purée until smooth. Pass through a sieve and chill until use.

Makes 2 Servings

For the meat eater...

This Spicy Rubbed Alberta Beef T-Bone with mashed Avocado and Tomato will be devoured by carnivores.

Preheat the BBQ to 380-degrees. Rub the steaks on all sides with olive oil and BBQ rub mix. Grill each steak to desired doneness and remove from heat. Cover the steaks lightly with aluminium foil and allow to rest 10 minutes.

While the steak is resting, prepare the avocado and tomato relish by combining the mashed avocado, diced tomato, chilies, and cumin with the lime juice. Mix until blended and season with salt and pepper.

Place the grilled steaks onto a large serving plate and serving with a large dollop of the mashed avocado. Serve the steak immediately.

Ingredients :

- 2 -12 oz T-bone steaks
- 2 tbsp. olive oil
- ¼ cup Corbin's Essential Rub
- ¾ cup mashed avocado and tomato relish

Chef Corbin's Essential BBQ Rub:

- 1 tbsp. toasted ground cumin seed
- 2 tbsp. paprika
- 1 tbsp. fine sea salt
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tbsp, cayenne pepper
- 1 tbsp. black pepper
- ½ tbsp. ground white pepper
- 1 tbsp. ground oregano
- ½ tbsp. ground thyme
- 1 tbsp. brown sugar
- Combine all ingredients in a small mixing bowl- transfer into an airtight container and store up to four weeks.

Mashed Avocado and Tomato Relish:

- 1 avocado, mashed
- 1 large tomato, diced medium
- ¼ Thai red chili
- Pinch of ground cumin
- Juice from 1 lime
- Salt and pepper to taste

Liquid Assets

It's not easy being an organic wine

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

It's not that easy being green when it comes to organic wines. As a winemaker you not only have to be committed to meeting some pretty strict guidelines to become a certified organic producer; you then have to convince consumers that you're not short-changing them when it comes to flavour.

While I've sipped my fair share of organic wines that tasted like licking a manure pile; the quality and selection of organic juice available today has never been better. In fact, with most I'd bet you'd never even know you were drinking a wine that was made without chemical intervention in the vineyard.

Bonterra Vineyards in California's Mendocino County has been making wine with organically grown grapes since the early 1990s. Its 2008 Chardonnay ($18.95 - $21.36) is all about bright citrusy flavours with just a touch of oak, while its 2007 Cabernet Sauvignon ($19.95 - $21.99) shows off big, ripe berry fruit that's massaged by rounded tannins and a light spiciness. Both are textbook examples of wines that are made organically yet don't sacrifice taste.

Prices reflect the range across the country. Some products may not be available in all provinces.

Tasty bytes coming from Rachael Ray

Famous cookbook author issues recipe app so she doesn't have to lug her own book to the grocery store

GETTY IMAGES

▶ Rachel Ray.

Rachael Ray, best-selling cookbook author and TV personality, has a new iPhone application, Tasty Bytes, that combines recipes and cooking tips with a shopping tool aimed at getting you down the aisles faster.

The app includes 200 recipes and a shopping function that tallies ingredients and amounts from selected recipes into one list.

In an email, Ray said she decided to develop the app for convenience, her own as well as others.

"When I head to the grocery store, I know what meals I want to make for the week and I buy ingredients based on those recipes. Sometimes I bring my own cookbook to the market and feel silly carrying a book around with my head on it," she said. "I figured why not create a recipe database that was portable and mobile, so I could provide busy cooks, including myself, with a simple way to search through tons of recipes and be able to shop for ingredients in the fastest way possible."

The new Ray iPhone app isn't her only dip into the digital world. She also plans to post regularly on Twitter as @rachael-ray. "Pretty creative, huh?" she joked.

Tasty Bytes recipes and shopping lists can be emailed to users for back-up. The recipe database, which includes 30 recipes exclusive to the app, is searchable by meal type, holidays, cooking style and ingredients.

THE ASSOCIATED PRESS

A select few

- Ray isn't the only cooking celebrity with an appetite for the digital life. She joins a food phone force that includes:
- Martha Stewart
- Tyler Florence
- Jamie Oliver

THE ASSOCIATED PRESS

SPARKS FLY AT REUNION DINNER

How We Met: Malisa & Tommy

Names: Malisa, 25, and Tommy, 27

Hometown: Toronto

Together since: 2005

Their story:

▶ Tommy and Malisa started dating seriously seven years after first meeting.

"Tommy and I (Malisa) first met at a restaurant near our schools in 1998; I was 13 and he was 15. We both happened to order the same lunch at the same time.

We laughed it off and started chatting. There were some sparks at the time, and we dated for a bit, but we both agreed we were too young for anything serious, so we drifted apart. Seven years later, in March 2005, we went out for a casual dinner and those sparks started flying again! We moved in together just a few weeks later, and have been inseparable ever since. Tommy came back into my life at the perfect time, as my mother passed away to cancer shortly thereafter in July of that year. It was definitely a difficult time for me. We both realized how much we've been through together, and we could not imagine our lives without each other. In 2008, Tommy proposed with my mother's engagement ring, which she'd given him before her passing. We're happier than ever and are so excited about our wedding in summer 2012!"

FOR MORE HOW WE MET STORIES, GO TO 2FORCOUPLES.COM

Divorce, write, publish, sell

The popular divorce memoir Eat, Pray, Love has plenty of company

MONICA WEYMOUTH
METRO WORLD NEWS

Maybe you were inspired by Elizabeth Gilbert's post-divorce mission to find herself (and, incidentally, a hot new boyfriend) in Eat, Pray, Love, her 2006 memoir chronicling her "search for everything across Italy, India and Indonesia." Maybe it turned you into a spiteful, hungry atheist. Doesn't matter: Not only did her book sell millions of copies, but its film adaptation opens this Friday starring none other than Julia Roberts.

▶ Julia Roberts stars in the film version of Eat, Pray, Love.

Why do we want to know, and why do they want to tell? We hit up other divorce memoir writers — there were, maybe not surprisingly, plenty to choose from — for answers.

A couple of laughs

For Sascha Rothchild, finding the humor in her divorce helped her and also led to her book, How to Get Divorced by 30. Universal scooped up the film rights and she's happy to show the more light-hearted side of what plenty of couples go through: "You don't have to go find yourself in Italy," she says. "In the '40s and '50s, there were all these fantastic, funny divorce movies: His Girl Friday, The Awful Truth. It's weird — now it has to be this sad, horrible thing."

Most people need practical advice

Although Jessica Bram calls Gilbert an "amazing writer," it didn't resonate with her experience as a mother of three who had long been out of the dating pool and work. Her book, Happily Ever After Divorce: Notes of a Joyful Journey speaks to those who don't have a year to go on vacation. "Most people have more things to worry about," she says. "This is the book I wish I had when I was going through my divorce."

Every story is different

Stacy Morrison decided to write Falling Apart in One Piece after being surrounded by women at cocktail parties who were curious about her divorce — and it wasn't exactly a simple story to tell. "The goal was to say 'Here's what it looks like,'" she says. "I think it's funny, and more than a little f—ed up, that we always think there's a rat bastard."

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Socially responsible investing (SRI) encompasses the protection of people, health, environment, and human rights. Typically it means avoiding investing in companies involved in things like environmental degradation, endangering public health and well-being and human rights abuses.

Socially responsible fund managers, for example, avoid businesses involved in tobacco, alcohol, gambling and the development of weaponry. "Green" investing focuses on environmental protection.

If you're interested in SRI, examine your values and use one of following three approaches: Divest your interests out of an unethical situation; screen out certain investments and avoid including them in your portfolio altogether; and/or become a shareholder activist to produce change through advocacy and shareholder voting rights. Professional money managers will employ similar strategies on your behalf, and you pay management fees. Check out socialinvestment.ca for more info.

Security questions got you stumped?

If you rely on your memory for online or phone financial access, you might soon be caught on hold with a call centre

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I'm a big fan of keeping things simple but it isn't easy in this complicated financial world. A typical family has multiple credit cards, debit cards, loans, investment accounts (RRSP, RESP, TFSA, RRIF) and often non-registered accounts as well.

Add to that a raft of bills from utilities to cell phones and it's a staggering number of client IDs, PINs and passwords to remember.

A few years ago, when I logged on to my bank account from my husband's computer, I was asked a series of security questions "for my own protection." I've had the account for years and for the life of me I couldn't remember the answers to the questions I'd posed way back when. After three incorrect answers I was shut out.

▶ The average number of passwords, PINs, client IDs and security questions that a working adult needs to remember is 62.

A vast number of my financial activities are controlled through that account and I was paralyzed for two days, during which I hoped the bank computer would simply "forget" I'd already struck out. No such luck. Finally, I summoned the fortitude to enter the dreaded call centre queue.

Fortunately, I had recorded my telephone pin on what I call a Financial Bomb Shelter — a spreadsheet of my cyber and telephone life. Lesson learned. I went back into each account and recorded all my security questions on the spreadsheet.

My system is handy in case of disaster or something as mundane as a memory lapse. And while we're exhorted not to commit things like passwords, PINs and ID numbers to paper, I defy the average working Joe or Jill to remember every single cyber code in their lives.

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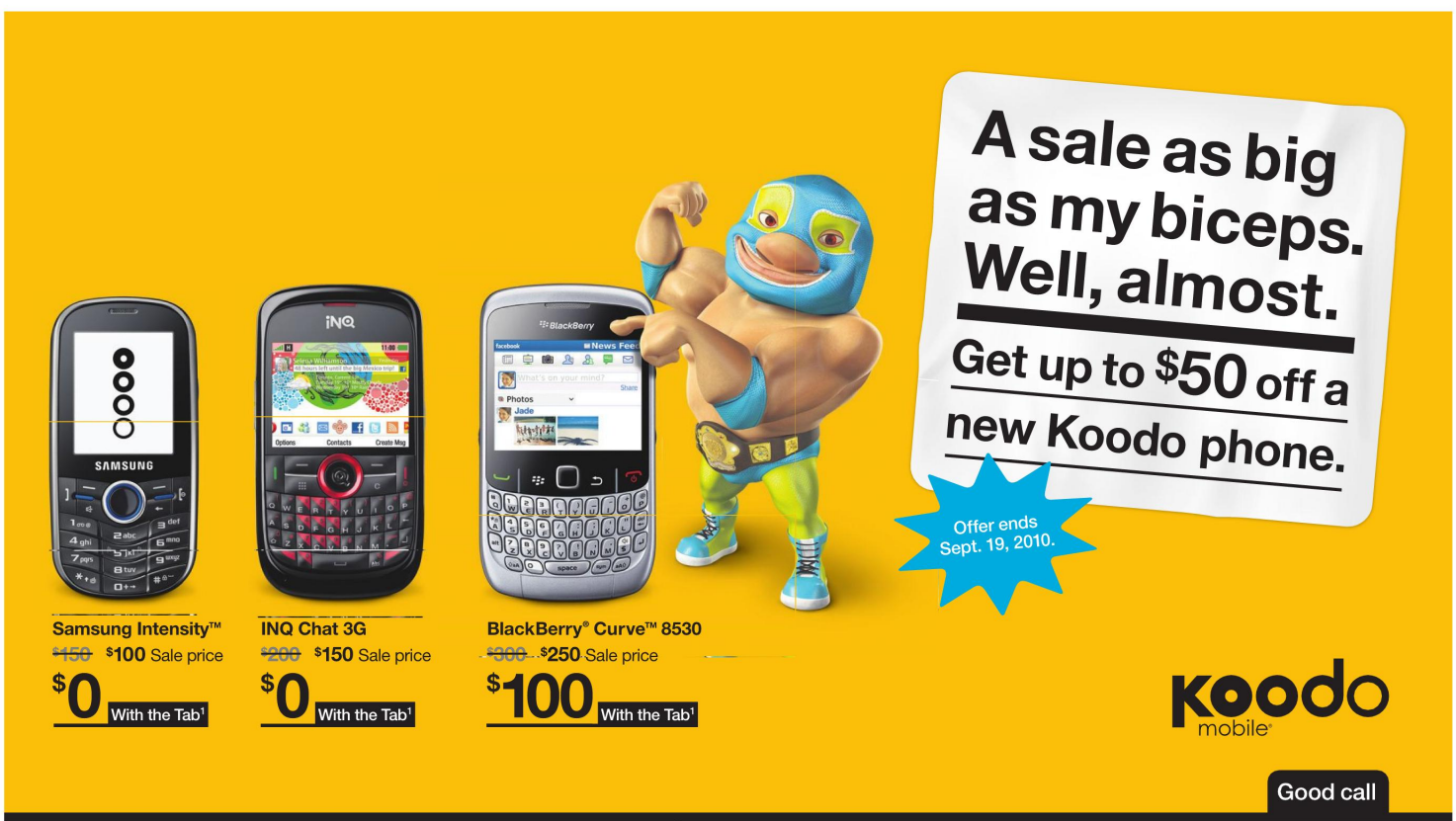
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TORSTAR FILE PHOTO

▶ For many businesses, nine-to-five hours are becoming a thing of the past. Consumers are returning to businesses that are open when they need them to be.

Open for business ... around the clock

Companies that have adapted to the 24-7 trend enjoy a competitive advantage ◗ Convenience stores are not the only businesses open late

For many, regular nine-to-five business hours are becoming a thing of the past. Consumers are looking for instant gratification — they want what they want, when they want it.

Tell us what you think at metronews.ca/life

This has challenged many companies to reevaluate how and when they do business. Simple as it seems, businesses that offer around-the-clock availability have set the trend. With convenience at a premium, we're quickly becoming a 24/7 society.

Businesses in many different industries have caught on to this consumer trend. Companies that have adapted to this change are enjoying a competitive advantage.

Whether it's banking, shopping, or eating after a late night or before an early shift, consumers are returning to businesses that are open when they need them to be. It's a matter of consistency and reliability.

In today's market, making a customer wait until 9 or 10 a.m. the next morning could result in lost business. Simply put, businesses that make customers cater to their hours instead of catering to the customers' schedules are losing out.

Luckily, banks, gyms, and quick service restaurants, like McDonald's, have caught on to this consumer trend and are offering customers even more convenience.

NEWS CANADA

night and day

Examples of companies catering to the 24/7 customer include:

- Gyms and fitness centres
- Quick service restaurants
- Banks through use of online banking
- Grocery stores
- And call centres

Tips for new Canadian starting a business

If you are thinking of starting a business in Canada, it pays to know what resources are available.

There are several special programs and services offered by the government, and financial institutions to help newcomers become successful business owners in Canada.

"Newcomers should look for start-up incentives, advisory services and step-by-step roadmaps," said Camon Mak, head multicultural markets.

Mak offers tips for getting started:

• Find a small business advisor at a bank who understands your needs as a newcomer. They can provide you with the appropriate advice to help your business succeed.

• Ask your advisor where to look for information on understanding local market opportunities.

• Talk to your advisor about getting connected to important community resources, such as an accountant, lawyer and government services.

Further tips are available online at rbcroyalbank.com/tips.

You can also visit servicecanada.gc.ca/eng/lifeevents/business, to find more information on how to start your own business in Canada. NEWS CANADA

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Teen flings bad, but sex in a relationship does not affect grades

Teens in serious relationships are less likely to have problems in school, be suspended or absent

There's good news for parents who worry that their teenagers' sex lives are affecting their school performance: A provocative new study has found that teens in committed relationships do no better or worse in school than those who don't have sex.

14
Nearly half of high school students reported having sexual intercourse, and 14 per cent have had four or more partners, according to a survey released this summer.

The same isn't true for teens who "hook up." Researchers found that those who have casual flings get lower grades and have more school-related problems compared with those who abstain.

The findings, presented Sunday at a meeting of the American Sociological Association in Atlanta, challenge to some extent assumptions that sexually active teens tend to do poorer in school.

It's not so much whether a teen has sex that determines academic success, the researchers say, but the type of sexual relationship they're engaged in. Teens in serious relationships may find social and emotional support in their sex partners, reducing their anxiety and stress levels in life and in school.

"Having sex outside of a romantic relationship may exacerbate the stress youths experience, contributing to problems in school."
UNIVERSITY OF MINNESOTA SOCIOLOGIST ERIC GRODSKY

"This should give some comfort to parents who may be concerned that their teenage son or daughter is dating," said sociologist Peggy Giordano of Bowling Green State University, who had no role in the research. Teen sex is "not going to derail their educational trajectories," she said.

For the study, University of California, Davis sociologist Bill McCarthy and University of Minnesota sociologist Eric Grodsky analyzed surveys and school transcripts from the largest national follow-up study of teens that began during the 1994-95 academic year. The researchers said not much has changed in terms of when teens first have sex or attitudes toward teen sex in the past decade.

The duo examined how teens' sexual behaviours affected their learning and controlled for factors that might influence their results. **THE ASSOCIATED PRESS**

▶ Teens in relationships do no better or worse in school than those who don't have sex.

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4 sports

Toronto fans set to see Spiller

Buffalo Bills fans in Toronto can expect to see a lot of rookie tailback C.J. Spiller on Thursday night.

Bills head coach Chan Gailey said yesterday that, with veterans Fred Jackson and Marshawn Lynch both ailing, Spiller will get a lot of playing time when Buffalo hosts the Indianapolis Colts in an NFL exhibition game at Rogers Centre.

Jackson is out four-to-six weeks with a broken hand, an injury he sustained in the club's 42-17 pre-season loss to Washington Friday night. Lynch is expected to be out three-to-four weeks with a sprained ankle.

Comparison

- The five-foot-11, 196-pound Spiller has drawn comparisons to Reggie Bush of the Super Bowl-champion New Orleans Saints.

With both expected to miss the remainder of the pre-season, the spotlight should fall squarely on Spiller, the former Clemson star Buffalo selected ninth overall in this year's NFL draft. The added workload could prove beneficial for Spiller, who missed 11 practices after training camp opened while he and the Bills hammered out a contract agreement.

THE CANADIAN PRESS

GREG FIUME/GETTY IMAGES

▶ Trent Edwards of the Buffalo Bills hands the ball off to C.J. Spiller, right, during a pre-season game on Friday.

Quoted

"It's not like I'm 41 or even 35. I just turned 31. No one has come down and stolen away my talent — I still have a lot in the tank."

FORMER RAPTOR TRACY MCGRADY, WHO SIGNED A ONE-YEAR DEAL WITH THE DETROIT PISTONS YESTERDAY.

"The difference between my knee last year and this year is night and day."

MCGRADY

So far, so good in CFL for Argos' Lemon

Quarterback adjusting to league while his team continues hot play

Seven games into his CFL career, quarterback Cleo Lemon is getting by, thanks to a lot of help from his friends.

The former NFL quarterback admits he's still adjusting to the Canadian game. But Lemon says the surprising Toronto Argonauts — tied atop the East Division standings at 5-2 with Montreal after beating the defending Grey Cup champions 37-22 on Saturday night — are making his job easier.

"Every week I continue to take steps in the right direction," Lemon said. "Right now, with the way the guys are playing around me, it makes my job easier because everyone has picked their level of play up.

"I feel comfortable knowing if I just get the ball to the right guys they will take care of the rest."

"He has seen just about every coverage you can see in this league and now he's just going to get better and better."

ARGOS HEAD COACH JIM BARKER

Lemon signed with the Argos in the off-season after spending seven seasons in the NFL. Not only did Lemon have to get used to a new team in a new country, he had to learn a new and very different brand of football.

As for the Argos, they are the talk of the CFL so far. After missing the playoffs the last two years and winning just seven games over that span, Toronto is tied with Montreal for the league's best record behind Calgary (6-1).

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Toronto Argonauts QB Cleo Lemon hands the ball off while playing against the Montreal Alouettes on Saturday.

Canseco. He's back

▶ Former American League MVP Jose Canseco speaks to the media during a news conference yesterday.

ULYSSES S. ROMERO/THE ASSOCIATED PRESS

Canseco signs with minor league club

Jose Canseco has signed a contract with an independent minor league team in south Texas. The 46-year-old Canseco, a central figure in baseball's steroid era, was introduced yesterday as a member of the Laredo Broncos — one of six teams in the United Baseball League. Canseco, a former Blue Jay, says he'll play designated hitter, serve as a bench coach and pitch for the team. He'll play in Laredo's remaining six home games this season.

THE ASSOCIATED PRESS

Extension for Kaberle?

◐ Maple Leafs GM says he'll 'talk about it' in training camp

After entertaining offers for Tomas Kaberle — though none apparently of much value — and being thwarted in previous attempts to trade the smooth-skating defender, the Maple Leafs will now take a different tact.

They'll attempt to negotiate a contract extension with the defenceman who won't go away.

"When training camp starts, we'll sit down and talk about it," said Brian Burke, the Leafs general manager and the man who deemed none of the offers he received for Kaberle to be a worthy exchange.

"If I made the offers which teams gave us public, it would be unanimous in the GTA that we should have kept Tomas Kaberle," said Burke. "Not close to unanimous. Not overwhelming. Unanimous."

CLAUS ANDERSEN/GETTY IMAGES

▶ Tomas Kaberle

"I said from the get-go, if we didn't get what we wanted we were keeping him."

That's how quickly things can change in the NHL's salary cap world.

If another team had met the Leafs price — presumably a top six forward or a solid package of futures — Kaberle would have started packing on the weekend.

Now, with Kaberle's no-trade clause kicking back in at midnight Sunday, it is the Leafs who will decide if they can meet the 32-year-old's price long term.

It won't be easy. It's safe to assume that Kaberle — a relative bargain at $4.25 million US in the final season of his current deal — will be looking for a raise, likely up to something in the $5-to-$6 million range.

TORSTAR NEWS SERVICE

Raptors waive Jones

The Toronto Raptors waived forward-centre Dwayne Jones yesterday.

He was acquired with guard Leandro Barbosa in a July 14 trade with Phoenix that saw disgruntled forward Hedo Turkoglu go to the Suns.

Jones, a six-foot-10, 250-pounder, is a five-year NBA veteran. With the move, the Raptors' roster is down to 15 players.

Toronto also announced the addition of Scott Roth as an assistant coach yesterday. He spent last season as an assistant with the Golden State Warriors.

THE CANADIAN PRESS

Sports in brief

K-Rod out for rest of season

MLB. Mets closer Francisco Rodriguez has a torn thumb ligament in his pitching hand sustained during a fight with his girlfriend's father at Citi Field and will need surgery that will sideline him for the rest of the season.

Messi criticized by teammate

SOCCER. Lionel Messi has been criticized by Argentina teammate Martin Palermo, who says the Barcelona star lacks the leadership qualities that Diego Maradona had when he led Argentina to the 1986 World Cup title.

Medal rush for Canadians

YOUTH OLYMPICS. Canada is on the board at the Youth Olympic Games after winning five medals in a span of 45 minutes yesterday.

Swimmer Rachel Nicol of Lethbridge, Alta., and wrestler Dori Yeats of Montreal each won gold while three others captured bronze medals.

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One-hitter lifts Jays

Shaun Marcum finishes for his first career complete game

BLUE JAYS	ATHLETICS
3	1

Shaun Marcum pitched a one-hitter, allowing only a home run to Conor Jackson leading off the seventh inning, and Jose Bautista hit a controversial inside-the-park home run to lift the Toronto Blue Jays over Oakland Athletics, 3-1 last night.

The A's were held hitless late for the second straight day. Minnesota's Kevin Slowey didn't allow a hit through seven innings Sunday before being pulled. Oakland got its first hit with one out in the eighth against Jon Rauch.

Edwin Encarnacion also homered for Toronto. Jose Molina matched his career high with four hits for the Blue Jays, who have won eight of the last 10 games between the two teams.

Marcum (11-6) missed most of last season after undergoing Tommy John surgery Sept. 30, 2008. He faced only two batters over the minimum before Jackson homered and finished for his first career complete game.

Marcum also took a no-hitter into the seventh against Tampa Bay on May 7, 2008, before being lifted because of a high pitch count. THE ASSOCIATED PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	72	46	.610	-
TAMPA BAY	72	46	.610	-
BOSTON	67	52	.563	5.5
TORONTO	63	55	.534	9
BALTIMORE	42	77	.353	30.5

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	68	50	.576	-
CHICAGO	65	53	.551	3
DETROIT	58	60	.492	10
CLEVELAND	49	69	.415	19
KANSAS CITY	49	69	.415	19

AL WEST

	W	L	Pct	GB
TEXAS	67	50	.573	-
LOS ANGELES	60	59	.504	8
OAKLAND	57	60	.487	10
SEATTLE	46	73	.387	22

Yesterday's AL results

Baltimore 5 Seattle 4 (11 ings)
Detroit 3 N.Y. Yankees 1
Tampa Bay 6 Texas 4
Toronto 3 Oakland 1

Today's AL games

Detroit at N.Y. Yankees, 7:05 p.m.
Seattle at Baltimore, 7:05 p.m.
L.A. Angels at Boston, 7:10 p.m.
Texas at Tampa Bay, 7:10 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Cleveland at Kansas City, 8:10 p.m.
Toronto at Oakland, 10:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	69	49	.585	-
PHILADELPHIA	66	51	.564	2.5
NEW YORK	59	59	.500	10
FLORIDA	57	60	.487	11.5
WASHINGTON	51	67	.432	18

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	67	51	.568	-
ST. LOUIS	65	51	.560	1
MILWAUKEE	55	64	.462	12.5
HOUSTON	51	66	.436	15.5
CHICAGO	50	69	.420	17.5
PITTSBURGH	40	78	.339	27

NL WEST

	W	L	Pct	GB
SAN DIEGO	70	47	.598	-
SAN FRANCISCO	67	52	.563	4
COLORADO	61	56	.521	9
LOS ANGELES	60	59	.504	11
ARIZONA	47	72	.395	24

Yesterday's NL results

Atlanta 4 L.A. Dodgers 3
N.Y. Mets 3 Houston 1
Pittsburgh 7 Florida 1
San Diego 9 Chicago Cubs 5

Today's NL games

Florida at Pittsburgh, 7:05 p.m.
San Francisco at Philadelphia, 7:05 p.m.
Washington at Atlanta, 7:10 p.m.
N.Y. Mets at Houston, 8:05 p.m.
San Diego at Chicago Cubs, 8:05 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Cincinnati at Arizona, 9:40 p.m.
Colorado at L.A. Dodgers, 10:10 p.m.

JAYS MONDAY BOX SCORE

TORONTO	AB	R	H	BI	BB	SO	AVG.
SNIDER LF	5	0	1	0	0	1	.242
Y.ESCOBAR SS	3	0	1	0	0	1	.308
J.BAUTISTA RF	4	1	2	0	1	1	.258
V.WELLS CF	4	0	1	0	0	0	.270
LIND DH	4	0	1	0	0	1	.238
A.HILL 2B	4	0	1	0	0	1	.216
OVERBAY 1B	4	1	0	0	0	0	.247
ENCARNACION 3B	4	1	1	2	0	2	.244
J.MOLINA C	4	0	4	0	0	0	.270
TOTALS	**35**	**3**	**11**	**3**	**1**	**8**	

OAKLAND	AB	R	H	BI	BB	SO	AVG.
CRISP DH	4	0	0	0	0	0	.266
BARTON 1B	3	0	0	0	1	0	.268
C.JACKSON LF	4	1	1	1	0	0	.265
K.SUZUKI C	3	0	0	0	0	1	.250
KOUZMANOFF 3B	3	0	0	0	0	1	.258
M.ELLIS 2B	3	0	0	0	0	0	.261
T.BUCK RF	3	0	0	0	0	1	.200
R.DAVIS CF	3	0	0	0	0	2	.272
PENNINGTON SS	2	0	0	0	0	0	.259
TOTALS	**28**	**1**	**1**	**1**	**1**	**5**	

TORONTO	IP	H	R	ER	BB	SO
MARCUM W, 11-6	9	1	1	1	1	5
OAKLAND	**IP**	**H**	**R**	**ER**	**BB**	**SO**
BRE.ANDERSON L, 3-4	6	7	3	2	1	5
BONSER	2	3	0	0	0	1
H.RODRIGUEZ	1	1	0	0	0	2

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	7	5	2	0	230	176	10
TORONTO	7	5	2	0	179	199	10
HAMILTON	7	3	4	0	185	203	6
WINNIPEG	7	2	5	0	207	205	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	7	6	1	0	223	142	10
SASK.	7	5	2	0	235	196	10
EDMONTON	7	1	6	0	145	239	2
B.C.	7	1	6	0	135	179	2

Thursday's game

Winnipeg at Montreal, 7:30 p.m.

Friday's game

Hamilton at Toronto, 7:30 p.m.

Week 8 byes: B.C., Calgary, Edmonton, Saskatchewan

NFL PRE-SEASON

Yesterday's results

N.Y. Giants 31 N.Y. Jets 16

THIS DAY IN SPORTS

1933 - Lou Gehrig of the N.Y. Yankees plays his 1,308th straight game to break Everett Scott's record of 1,307.
1997 - Davis Love III shoots a 66 at Winged Foot to win the PGA Championship in Mamaroneck, N.Y., his first major title, by five strokes over Justin Leonard with a 72-hole total of 11-under 269.
2008 - At the Summer Olympics in Beijing, Michael Phelps and three teammates win the 400-metre medley relay for Phelps' eighth gold medal, eclipsing Mark Spitz's seven-gold performance at the 1972 Munich Games. Of his five individual races and three relays, Phelps sets world records in seven and an Olympic record in the eighth.

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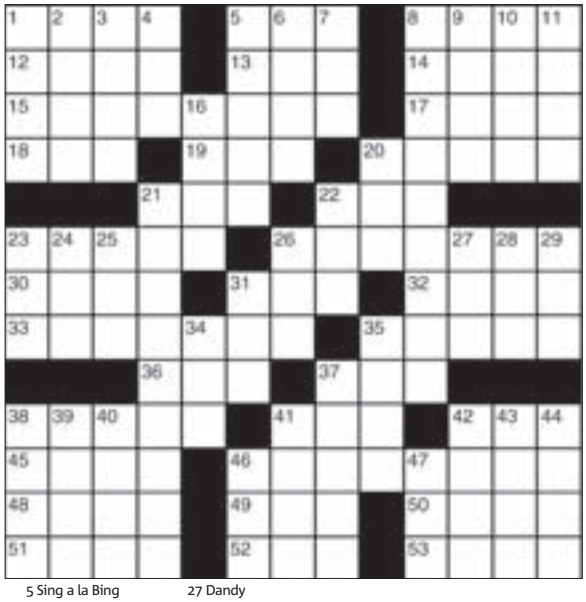
Crossword



Across
1 Elderly
5 Bookkeeper (Abbr.)
8 Smog
12 Kill
13 Scepter
14 Yale grads
15 Comment before an attempt
17 "Phooey!"
18 Longing
19 Deterioration
20 Spooky
21 Catch some rays
22 Lingerie item
23 Suspicious
26 Drank
30 Hint
31 Jewel
32 Ripped
33 Worked in retail, maybe
35 Drive off
36 Conger, e.g.
37 Support-ing
38 Muscular
41 Caribbean, for one
42 Carte lead-in
45 — -European
46 Electronic musical instrument
48 Finished
49 Have a bug
50 "So be it"
51 "Auld Lang —"
52 Petrol
53 Parks of civil rights fame

Down
1 Wan
2 High school-based Fox show
3 Deserve
4 Prepare Easter eggs
5 Sing a la Bing
6 Versifier
7 Billboards
8 Heaven, perhaps, with "the"
9 Winged
10 Tubular pasta
11 Being, to Brutus
16 CSA uniform colour
20 Mound stat
21 So
22 Mooch
23 TV watchdog org.
24 Under the weather
25 Seek damages
26 Proof abbr.
27 Dandy
28 Before
29 East Coast st.
31 Toothpaste type
34 Crucial
35 Bellow
37 Senses
38 Resumes, for short
39 A deadly sin
40 Paradise
41 Actor LaBeouf
42 Bullets and such
43 Tells a whopper
44 Actress Paquin
46 Label
47 Corn spike

▶ Yesterday's answer

Sudoku

	9				6	1	3	
		7					2	9
				8		4		5
			4	3				1
	1						9	
7				2	9			
3		6		5				
2	5					3		
	8	4	6				1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	9	6	2	3	4	8	7	5
4	8	2	7	9	5	1	6	3
3	7	5	6	8	1	4	2	9
6	4	8	9	7	2	3	5	1
9	2	1	3	5	6	7	4	8
7	5	3	4	1	8	6	9	2
8	1	4	5	2	7	9	3	6
2	3	7	8	6	9	5	1	4
5	6	9	1	4	3	2	8	7

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*Happy 20th Birthday to the best daughter in the world! We are very proud of you Anisa. May all your hopes & dreams come true. Ameen** **LOVE MOM, DAD & AHMED**

To my darling Vicky. You are my sexy lady. Can't wait to see you for your birthday! **LOVE JOEY!**

The day I met you, I knew we were meant to be. Ty, you mean the world to me. Happy 9 Month!!! I love you always:) **LOVE, LORE**

Lorena, you are the greatest thing that has ever happened to me. The past 2 years with you have been amazing and I look forward to many more by your side. I love you so very much. forever and ever sweetie. **DRE B.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Download Weatherlyte to your smartphone.

♈ Aries March 21-April 20 You cannot afford to make enemies today. If others get angry with you, for whatever reason, don't get angry back. Stay calm and refuse to make an issue of it.

♉ Taurus April 21-May 21 You seem to be expending a lot of energy and a lot of emotion on something that simply isn't that important. It's time to get over it, and also let others know that from here on in they are on their own.

♊ Gemini May 22-June 21 Cosmic activity in your chart means there is nothing you cannot do if you want it enough, but that is not an invitation to go out and do everything. It's about quality, not quantity.

♋ Cancer June 22-July 22 Your family may mean everything to you but you don't have to put them first all the time. If you devote all your energy to domestic issues today you will soon become irritable.

♌ Leo July 23-Aug.23 You are always impatient with people who think and act slowly, the kind of people who can never seem to make a decision. But don't get so impatient today that you say or do something you might later regret.

♍ Virgo Aug. 24- Sept. 22 You may be desperate to break out of a rut but if you make your move now you could find yourself in an even worse position than before. Be patient. Better times are coming.

♎ Libra Sept. 23-Oct. 23 If you risk everything now you may regret it later in the week. What's the big rush? Believe it or not time is still very much on your side.

♏ Scorpio Oct. 24-Nov. 22 Your main aim today must be to stand back and see what is going on in the world from a wider perspective, because only from a distance will you be able to tell what is fact and what is fiction.

♐ Sagittarius Nov. 23-Dec. 21 Your confidence is high but be careful because the line between self-belief and reckless behaviour can be so easy to cross. Think twice today before doing anything that might provoke an extreme reaction.

♑ Capricorn Dec. 22-Jan. 20 Don't sit around waiting for opportunities to come your way — get into the world and start making things happen.

♒ Aquarius Jan. 21-Feb. 18 Planetary activity will give you the decisiveness you need to get things done, along with the ability to make others feel good by saying the all right things. A winning combination.

♓ Pisces Feb. 19-March 20 By all means speak your mind today but speak it in such a way that you don't risk making enemies of people who disagree with your views. Life is too short to waste time on arguments neither side can win.

SALLY BROMPTON

MICHAEL SOHN/THE ASSOCIATED PRESS

Caption contest

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All-Inclusive • Standard rm.
Sept. 11–26 • 1 wk.

$549
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Santa Clara

Meliá Las Dunas • 4★

All-Inclusive • Standard rm.
Sept. 11 & 25 • 1 wk.

$599
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive • Junior suite
Nov. 4 • 1 wk.

$919
+Taxes & other fees (including service charges): $295

Gran Bahia Principe Coba • 5★

All-Inclusive • Junior suite
Nov. 4 • 1 wk.

$1009
+Taxes & other fees (including service charges): $295

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Puerto Plata

Bahia Principe San Juan • 4★

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Oct. 1–29 • 1 wk.

$799
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All-Inclusive • Run ot the house
Oct. 3–31 • 1 wk.

$999
+Taxes & other fees (including service charges): $315

TURKS & CAICOS

Royal West Indies Resort • 4★

Studio botanical view
Aug. 28 & 29 • 1 wk.

$929
+Taxes & other fees (including service charges): $260

SAINT LUCIA

The Village Inn & Spa • 3★

All-Inclusive
Standard rm.
Aug. 28 & 29 • 1 wk.

$1129
+Taxes & other fees (including service charges): $232

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive
Junior suite
Sept. 2 & 4–25 • 1 wk.

PRIVILEGES
$849
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

Iberostar Rose Hall Beach • 4 1/2★

All-Inclusive
Standard garden view rm.
Sept. 2 & 4–25 • 1 wk.

$879
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

BAHAMAS

Great Exuma

Augusta Bay • 3 1/2★

Continental breakfast
Oceanview queen rm.
Sept. 5–26 • 1 wk.

$929
+Taxes & other fees (including service charges): $206

Grande Isle Resort & Spa • 4★

Continental breakfast
One-bedroom villa garden view
Sept. 5–26 • 1 wk.

$1299
+Taxes & other fees (including service charges): $206

USA

FLORIDA | Orlando

Coco Key Hotel & Water Resort • 4★

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$529
+Taxes & other fees (including service charges): $132

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1500 Upper Middle Rd., Unit 2
1461 Rebecca St.
511 Maple Grove Dr.
240 Leighland Ave.
OSHAWA
285 Taunton Rd.
Oshawa Centre
RICHMOND HILL
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THORNHILL
9200 Bathurst St., Unit 26
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2120 Queen St. E
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